

Wolf Pack WARRIOR

Vol. 17, No. 42

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Nov. 22, 2002



Photo by Staff Sgt. Chuck Walker

Eyes on the Korean sky

Members of the 8th Operations Support Squadron keep the Kunsan skies safe for pilots of the fast movers

See story, pages 6 and 7

NEWS BRIEFS

SECAF hosts Kunsan troop call

Dr. James G. Roche, the 20th secretary of the Air Force, hosts a troop call 10:45 a.m. Wednesday at Hangar 3. Personnel must be in place no later than 10:30 a.m. The event includes the presentation of the Distinguished Flying Cross to two Wolf Pack pilots. Due to the troop call, lunch hours at the O Malley dining facility are 11:45 a.m. to 2 p.m.



Iraqi forces fire on aircraft

Iraqi forces fired anti-aircraft artillery Nov. 17 and 18 at coalition airplanes enforcing the northern no-fly zone over Iraq. In both instances, coalition aircraft responded by dropping precision-guided munitions on Iraqi air defense elements.

AFPC offers online support

Airmen can now get real-time help with personnel issues online thanks to new web features offered by the Air Force Personnel Center. The online features, found on the AFPC home page at www.afpc.randolph.af.mil by clicking the Contact Center button, lets users view a database of frequently asked questions, chat live online with a customer service representative or submit queries via e-mail.

Soldiers get POV storage

Hundreds of service members have begun taking advantage of the Military Traffic Management Command's new long-term privately owned vehicle storage program. Assignments that preclude taking a privately owned vehicle, but allow POV storage, include: hardship tours to Korea without family members for a year or less; assignments to Japan for troops whose vehicles were made from 1976 to the present; and assignments to Egypt for troops whose vehicles are older than four years.

Firearms law can ruin career

A 1996 federal law can jeopardize a soldier's career and inhibit him from fighting in the War on Terrorism if he is convicted of a domestic-violence offense. Because of an unprecedented number of domestic violence-related homicides at Fort Bragg, N.C., this summer, the Lautenberg Amendment, a law that prevents domestic offenders from owning or possessing firearms, has become more of an issue affecting soldiers than ever before, an Army attorney said. The amendment made it a felony for individuals convicted of misdemeanor crimes of domestic violence to ship, transport, possess, or receive firearms or ammunition. Government agencies, including the Department of the Army, are not exempt from the amendment.



Photo by Staff Sgt. Jeremy Lock

ATTENTION TO DETAIL: At Tsuiki Air Base, Japan, Senior Airman Nicholas Napper, an 8th Aircraft Maintenance Squadron crew chief, checks the intake on a F-16 for cracks and impact damage Nov. 12. Members of the 8th Fighter Wing are deployed to Japan for Exercise Keen Sword 03. The exercise is a bilateral defense exercise designed to practice defending Japan against foreign aggression. The goal of the exercise is to accomplish interoperability between the Japanese Air Self Defense Force, U.S. Navy, Air Force, and Marine Corps.

AF may change fitness program

Wyoming test program could pave way for more accurate assessment of airmen health risks

WASHINGTON — Air Force health officials are proposing a change to the service's fitness program to help airmen place a greater emphasis on their overall health and well-being.

Many airmen incorrectly think that the Air Force fitness program is cycle ergometry, according to Maj. Lisa Schmidt, chief of health promotion operations in the Air Force surgeon general's office at Bolling Air Force Base, D.C.

The Air Force fitness program isn't about the bike test, Schmidt said. The fitness program is about eating healthy and exercising three to five times each week. The bike is just a tool we use to measure the effect of a personal fitness program.

According to Schmidt, the goal of the program is to encourage a mindset change in all airmen toward adopting a more proactive and preventive approach to health and fitness, thereby increasing the focus on personal readiness and not just passing a test.

Health officials are examining how they can align the Weight Management Program and the cycle ergometry evaluation together to make it a more comprehensive assessment of someone's health. This assessment will use a composite score to get an overall picture of an airman's health risk.

This change has been incorporated into WarFit, a test program started at F.E. Warren AFB, Wyo., in February and at Los Angeles AFB, Calif., in May. The program will start Air Force Space Command-wide in January.

Health experts from the Air Force surgeon general's office, the clinical operations division of AFSPC's surgeon general office, and the health and wellness center at F.E. Warren AFB, along with

physiology and human performance experts from Brooks City-Base in San Antonio helped outline the prevention-based program.

We chose to base fitness-program evaluations on health risk assessments, said Col. Jon R. Pearse, 90th Medical Group commander at F.E. Warren AFB.

According to Pearse, aerobic fitness, body fat and muscular strength all play a part in a person's overall health and are what WarFit attempts to measure.

A person's score on the bike test and the number of push-ups and sit-ups he or she does will be combined with his or her body fat percentage to come up with the composite score. This score will be used to place the person in one of three health-risk categories: low risk, moderate risk or high risk.

Schmidt said that the proposed program puts a greater emphasis on prevention through earlier education and unit physical training programs.

Courtesy of Air Force Print News

SECAF, CSAF send joint Thanksgiving day message

Thanksgiving is a time when Americans pause to reflect on our nation's abundant blessings.

Indeed, each citizen in our democracy has much to be grateful for — our way of life built on freedom and liberty.

With these numerous blessings comes an equally great responsibility; the responsibility to serve a cause greater than self — to serve as freedom's champion and to stand firm against terror and aggression.

As airmen, our efforts in support of the global war on terrorism serve as a rallying point for freedom-loving people everywhere.

Whether this Thanksgiving finds you at home station or deployed to a distant corner of the world, know that your service is tremendously mean-

ingful and appreciated.

We send our heartfelt thanks to the entire total force of active-duty, Guard, Reserve and civilian airmen who perform magnificently each and every day.

Your commitment and dedication ensure that the U. S. Air Force remains the world's premier air and space force, and your contributions to our nation's joint operations provide great comfort to those who value freedom around the world.

On behalf of a very grateful nation, thank you for your service. Have a safe and happy Thanksgiving.

Dr. James Roche
and Gen. John Jumper



We send our heartfelt thanks to the entire total force of active-duty, Guard, Reserve and civilian airmen who perform magnificently each and every day.

ACTION LINE 782-5284



Col. Guy Dahlbeck
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

action.line@kunsan.af.mil



Wolf extends holiday well wishes

Thanksgiving is a good opportunity to take a moment to reflect on the many things there are for each of us to be thankful for.

And while being a part of the Wolf Pack thousands of miles away from home may make it easy to focus on the hardship associated with this remote assignment, we shouldn't lose sight of the many things to be grateful for.

We're part of great nation that is increasingly appreciative of what we do to keep it that way. We serve in an Air Force that truly values its peo-

ple. And finally, we're part of a wing that works together more closely and is more of a family than any other in the world.

I mention these three things because they are things I'm thankful for every day here.

I've never enjoyed putting on the uniform more than I have as part of the Wolf Pack and that's because of each of you.

So this Thanksgiving I'll take note of the many things I have to be thankful for and one of them is to be able to spend this holiday with such an amazing, dedicated group of men

and women whose sacrifices for our country are evident every single day.

I wish each of you a very happy Thanksgiving.

Wolf



Rosemary Song
Community Relations


Ask Ms. Song

- Q:** What does the Korean National Anthem mean?
- A:** In English it translates, *Tong-Hai Sea and Pakdoo Mountain, so long as they endure, May God bless Korea our land for endless ages to come! The chorus is: North to south bedecked with flowers, land of beauty rare, May God keep our country united and preserve our land. Eternally Naamsaan's pine trees stand like an armor sure through whatever tempest or danger as our symbol of strength.*
- Q:** How do you say, "I'm glad to meet you," in Korean?
- A:** You'd say, *Ma-na-sol pan-gap sum-ni-da.*

Send your questions about Korean customs, culture and language to Ms. Song at wolfpackwarrior@kunsan.af.mil.

Miss an issue of the Wolf Pack Warrior? Want to keep people back home informed about what's happening at Kunsan?

Check out the Wolf Pack Warrior online at WWW.KUNSAN.AF.MIL/WPW/



WOLF PACK WARRIOR
Vol. 17, No. 42

Defend the base
Accept follow-on forces
Take the fight North

Editorial Staff

Col. Guy Dahlbeck
Commander, 8th Fighter Wing

Capt. Alisen Iversen
Chief, Public Affairs

1st Lt. Heather Healy
Deputy Chief, Public Affairs

Master Sgt. Mark Haviland
Superintendent, Public Affairs

Staff Sgt. Jerome Baysmore
Chief, Internal Information

Senior Airman Andrew Svoboda
Editor

This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the **WOLF PACK WARRIOR** are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

Content

The editorial content is edited, prepared, and provided by the 8th Fighter Wing Public Affairs office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.

Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us


People with questions, comments, suggestions or submissions can contact the public affairs office at:
8th FW/PA
PSC 2 Box 2090
APO AP 96264-2090

We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS		
Unit	Goal	Flown
35th FS	280	219
80th FS	318	196
8th FW	598	415



CUSTOMS AND COURTESIES



The Secretary of the Air Force and PACAF commander visit next week. They will be on a bus like this — let's show our Wolf Pack pride.

SMOKE FREE: Services squadron recreational facilities set to clear the air, ready for changes

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

All 8th Services Squadron facilities here, including the Bowling Center, Loring Club and golf course clubhouse, become smoke-free environments Dec. 7.

This change puts Kunsan in compliance with an Executive Order signed in 1999, mandating that all federal buildings, including those on military bases, be smoke-free.

The new changes will provide a healthier environment for customers, and may even attract new customers, said Lt. Col. Terrie Ford, 8th Services Squadron commander.

Nonsmokers will find the services facilities much more enjoyable and healthier places, said Ford.

Those who haven't visited our facilities before because of the smoke, are encouraged to come and experience the new smoke-free environment.

Smokers may not be overjoyed with the new policy, but base officials plan to see that their needs aren't ignored. Smoking will still be allowed in dormitory rooms.

There are current plans to build awnings at the Loring Club for smokers, said 1st Lt. Rob Wolfden, 8th Civil Engineer Squadron.

Efforts are underway globally to protect nonsmokers from the dangers of secondhand smoke.

Increased public awareness of the dangers of secondhand smoke led to the regulation of smoking in public buildings. In addition to the federally mandated policy, many cities are initiating smoking bans and 48 states have regulated smoking in public buildings.

According to the American Lung Association, secondhand smoke causes over 3,000 lung cancer deaths annually and is linked to other lung diseases in nonsmoking adults.

Each year, 150,000 to 300,000 children suffer from bronchitis and pneumonia caused by secondhand smoke. Secondhand smoke is responsible for 35,000 heart disease deaths annually.

Additionally, nonsmoking workplaces are both healthier and cost productive.

Smoking costs the U.S. \$150 billion in health care cost and lost productivity annually. This includes \$75 billion in direct health care costs and \$82 billion in lost productivity costs.

To allow a three-year phase-in period for the new policy, Maj. Gen. James T. Jackson, military district of Washington commander directed the policy be implemented by Dec. 7.

The Wolf Pack health and wellness center also provides smoking statistic, information on smoking cessation and support for personnel who wish to quit smoking. For more information contact the HAWC at 782-4305.



Photo by Staff Sgt. Jerome Baysmore

KICKING BUTTS: A Wolf Pack Loring Club patron takes a smoke break.

Smoking Factoids

The sooner smokers quit, the more they can reduce their chances of getting cancer and other diseases.

Within 20 minutes of smoking the last cigarette, the body begins a series of regenerating changes.

In that time period, the blood pressure returns to normal. The carbon monoxide level in the blood

drops to normal levels after eight hours of quitting.

After one year, the risk of coronary heart disease drops. In one to nine months, coughing, sinus congestion, fatigue, and shortness of breath decrease.

Information provided by Maj. Gordon Campbell, 8th Medical Group

AF testing new uniform items

WASHINGTON Many new Air Force uniform items show up in the field before becoming available in military clothing sales stores.

This debut, in the form of wear tests, usually lasts from six months to one year but can be extended based upon the complexity of the uniform and feedback from testers, according to Master Sgt. Ruth Nischwitz, chief of the Air Force uniform section at the Pentagon.

Wear testing of new uniform items allows the Air Force to check how well the items wear, their durability, ease of maintenance and their level of comfort.

We encourage those people who wear test these items to give us both positive and negative feedback, Nischwitz said.

We need both to ensure any necessary improvements are made before that item is finalized and available for purchase.

Testers are selected from airmen of all ranks at designated test locations. This provides Air Force uniform officials with feedback from people with a wide variety of day-to-day experiences.

However, the lower ranking testers occasionally have one complaint that more senior ranking testers seem to avoid.

Not many people confront colonels or generals about their authorization to wear an unfamiliar test item, but airmen occasionally do get challenged, she said.

It's usually easily resolved but we try to avoid it from even happening by



Photo by Staff Sgt. A.J. Bosker

FIT TESTER: Maj. Jay Doherty, chief of the Air Force equal opportunity branch at the Pentagon, is wear testing the new blue acrylic-wool blend V-neck pullover sweater.

getting the word out to people at the test bases that certain items are currently being evaluated.

Test bases are chosen based upon the size of their military population, their proximity to the service's clothing designers at the Air Force Clothing Division, Wright-Patterson Air Force Base, Ohio, and the type of uniform item being tested.

The Air Force currently has airmen wear testing uniform items at Offutt AFB, Neb., and Wright-Patterson AFB. Air Force people in the National Capital Region are also wear testing uniforms because of the added feature of collecting item feedback from senior Air Force leaders.

Once the wear tests are concluded, the clothing division will make the final improvements before the items become available for issue or sale.

Court acquits Eighth Army soldier of negligent homicide

CAMP CASEY, Korea The sergeant in charge of the tracked vehicle that ran over and killed two teenage girls in Korea earlier this year has been found not guilty of criminal misconduct.

The court martial for Sgt. Fernando Nino concluded today at Camp Casey after a three-day trial during which 11 witnesses testified. Nino had been charged with two counts of negligent homicide in the deaths of the Korean girls.

A panel of three officers and four NCOs determined that the girls' deaths were accidental and not due to any criminal misconduct on the part of Nino.

The court martial of Sgt. Mark Walker, the vehicle's driver, was scheduled to begin Nov. 21. Nino and Walker are both members of B Co., 44th Engineer Battalion, Engineer Brigade, 2nd Infantry Division, Eighth U.S. Army.

Nino was the commander of the Armored Vehicle Launched Mine Clearing Line Charge, the 60-ton tracked vehicle that struck and killed Shim, Mi-Sun and Shin, Hyo-Son during a training exercise in Kyong-gi Province June 13.

Following the deaths of the teenage girls, Korean protests broke out near U.S. garrisons such as Yongsan Barracks in Seoul, Camp Red Cloud and Camp Casey. Some protesters demanded that the Status of Forces Agreement be changed to allow U.S.

soldiers to be tried in Korean courts.

After today's court-martial decision, Lt. Gen. Charles C. Campbell, commander of Eighth U.S. Army, requested that the public respect the verdict.

He urged all to remember that the decision of the court members was based on a thorough review of all the evidence.

From the initial joint investigations conducted with the Korean Police and prosecutors after the accident, through the conclusion of the court-martial, the American military justice system has been open to the Korean public, Campbell said, And has fully and fairly considered the evidence in reaching a verdict.

It is a system that guarantees fair and open proceedings and considers an accused innocent unless proven guilty beyond a reasonable doubt.

Campbell expressed his deep regrets for the death of the girls and apologized to the girls' families for the tragic accident.

Nothing that we can say nor any amount of compensation can ever heal the loss of the girls, Campbell said.

We once again apologize for the grief and sorrow we've caused the Shim and Shin families.

In addition to the many significant changes we have made to our safety procedures to prevent this type of accident from ever occurring again, adverse administrative actions were taken against members of Nino's chain of command.

Thanksgiving

Exploring America's favorite feast

By Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

Just ask anyone, the Thanksgiving tradition is as American as mom and apple pie, or more accurately, turkey and stuffing everyone learns the story in school and it goes something like this:

During the winter of 1621, an English-speaking Indian named Squanto discovered a group of Pilgrims starving at a place called Plymouth in Massachusetts. Feeling sorry for them and fascinated by their obsession with wearing buckles on everything (including their hats), Squanto stuck around and nursed the hapless Pilgrims through the winter.

Later, he'd teach them the secret to planting corn and gathering food. Thrilled at having survived the year and blessed with a huge fall harvest, the Pilgrims hosted a huge feast of turkey and all the trimmings. They even invited their Indian neighbors to share in their thanksgiving.

Following the meal and a short nap, the men all settled down to watch the Jamestown Survivors and the Plymouth Puritans face off in a game of flag football while all the women did the dishes.

A few years later, a Pilgrim named Macy invented the parade, hosted by a 19 year-old puritan girl named Joan Rivers, and those American traditions continue to the present day.

The rest is history, right? Well actually, no.

The reason that we have so many myths associated with Thanksgiving is that it is an invented tradition, said James Baker, and he should know. As the senior historian at the Massachusetts living-history museum of Plimoth Plantation, Baker is the resident expert of all things Pilgrim.

[Thanksgiving] doesn't originate in any one event, he explained. It's based on the New England puritan thanksgiving, which is a religious thanksgiving, and the traditional harvest celebrations of England and New England and maybe other ideas like commemorating the pilgrims. All of these have been gathered together and transformed into something different from the original parts.

But different may only just scratch the surface. In the 381 years since that first thanksgiving feast, American's have found as many different ways to celebrate the holiday as there are people who celebrate it, and while separating the holiday myths from the facts may not rank too high on the Thanksgiving to do list, here's a few tidbits to chew on before settling down to that holiday meal:

❑ **Fall harvest feasts weren't exclusive to England or New England.** The Koreans, Romans, Egyptians, Celts, Greeks, Hebrews, Chinese, Japanese and many Native American tribes all celebrated their own fall harvests that predated traditional European holidays.

❑ **Even the date of the "first American" thanksgiving is in question.** On April 30, 1598, Spanish explorer-settlers stopped near present day El Paso, Texas to rest and give thanks. They celebrated a traditional mass and held a European style feast. Englishmen hosted the first recorded Thanksgiving feast on America's east coast near the mouth of Virginia's James River on Dec. 4, 1619.

❑ **The 1621 feast was a one-time event.** Despite the traditional view of the holiday, the Pilgrims and their Indian saviors never again gathered for a fall feast. Over the years, relations worsened until King Phillip's War of 1675 left 3,000 Native Americans and Pilgrims dead.

❑ **Several people made it official.** In Virginia, the holiday was observed annually, beginning in 1619, by order of the original London Charter as a day "perpetually kept holy as a day of Thanksgiving to Almighty God." In 1783, Massachusetts declared Dec. 11 (a Thursday) an official day of Thanksgiving and the people of New Hampshire followed in 1785, setting their holiday on Nov. 24 (another Thursday). In 1817, New York adopted Thanksgiving Day as an annual custom.

❑ **It was Washington, not Lincoln.** On October 3, 1789, President George Washington proclaimed Nov. 26 (yet another Thursday) as a National Day of Thanksgiving. Seventy-four years later, on Oct. 3, 1863, President Abraham Lincoln issued a proclamation declaring the last Thursday in November as the annual National Day of Thanksgiving.

❑ **Roosevelt changed the date.** In 1939, 1940, and 1941 President Franklin Roosevelt, seeking to lengthen the Christmas shopping season, proclaimed Thanksgiving the third Thursday in November. Controversy followed, and Congress passed a joint resolution in 1941 decreeing that Thanksgiving should fall on the fourth Thursday of November, where it remains.

❑ **It's legal.** Public Law 90-363 established Thanksgiving Day as an



official national holiday observed in all states.

❑ **For some, it's a day of mourning.** Since 1970, a group of Native Americans have gathered near the Plymouth Plantation to observe a National Day of Mourning.

❑ **Yes Virginia, there's a parade.** The tradition of the annual Macy's Thanksgiving Day parade began in 1924 and included displays of live animals such as camels, goats, elephants, and donkeys tigers and lions were added in 1925. The parade continued every year since, except during the war years of 1942 to 1944.

❑ **And football.** With the exception of the years 1939 to 1944, the National Football League games have been played annually on Thanksgiving since the 1934 match up between the Detroit Lions and the Chicago Bears. The Lions have appeared in more games (62) than any other NFL team.

❑ **Let's talk turkey.** According to the Department of Agriculture, American's cook and eat more than 45 million turkeys at Thanksgiving about \$4.7 billion in 2000 sales. That same year, the average person ate about 17.75 pounds of turkey.

❑ **The national bird?** Benjamin Franklin actually preferred the turkey

as the symbol of the United States and wrote, I wish the Bald Eagle had not been chosen as the representative of our country: he is a Bird of bad moral character: like those among Men who live by Sharping and Robbing, he is generally poor and very often lousy. The Turkey is a much more respectable Bird and withal a true original Native of North America.

❑ **Turkey-sleep is an urban myth.** Despite the fact that turkey skin contains the amino acid L-tryptophan, a natural sedative, medical experts attribute post-feast sleepiness to alcohol consumption and the large amount of carbohydrates found in holiday side dishes.

❑ **A native bird.** The wild turkey is native to Mexico and the Eastern United States and was introduced to Europe in the 16th Century. Today, there are wild turkeys in every state except Alaska.

❑ **That other holiday.** The day after Thanksgiving is traditionally known as "Black Friday," the first official shopping day of the Christmas season. In 2001, more than 77.5 million shoppers visited U.S. malls and 88.2 million shopped department stores, according to the National Retail Federation.

Have a safe and happy Thanksgiving!

Sky City: Indian heritage, AF shape Wolf Pack airman's future

*And now the fire kept sending up
A ruddy vapor, bit by bit,
Attacking all the sad houses
It crackled in the roofs and in a thousand spots
And like the most ardent of volcanoes
They poured out, whirling toward the sky
Great store of embers and sparks.
And thus, those wild and mad barbarians,
Seeing themselves now conquered, 'gan to kill
Each other, and did so in such fashion
That sons from fathers, fathers from their loved
children,
Took life away, and further, more than this,
Others in groups did give aid to the fire
So that it might leap up with more vigor;
Consume the pueblo and destroy it all.*

La Historia de la Nueva MØxico

By Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

When Governor Juan de Oñate and his men visited the Acoma Sky City in 1598, they came to destroy the New Mexico pueblo village and the people who lived there.

To Oñate, it was a simple matter: the Spanish settlement in the territory had grown too fast and there was no food; the people were growing; and worse still, the men he'd sent to take food from the Acoma Indians were dead. Among those killed was his own nephew.

It was time to make an impression that the pueblo barbarians and his own followers would never forget. At the end of the three-day battle, often punctuated by fierce hand-to-hand fighting, more than 600 Acomas were dead and their village was in ruins.

In further retaliation, Oñate ordered a foot chopped off of 200 warriors under the age of 20 and enslaved hundreds more. But, to the horror of the civilized Spanish conquerors, many members of the tribe threw themselves off the cliffs of the 367-foot sandstone mesa instead of surrendering to their captors.

It was a final, legendary act of defiance.

Today, more than 400 years later, members of the Wolf Pack can find an example of the Acoma spirit in the

quiet resolve of Senior Airman John Juanico, an Acoma Indian and aircraft structural maintenance specialist here.

Juanico grew up in the shadow of the Acoma Pueblo mesa, the member of a select group of people that numbered less than 3,000 in the 2000 Federal Census.

Growing up on the Acoma reservation—a place his people never left despite the hardships of the land dubbed El Malpais or the bad country, the efforts of the Spanish, and American westward expansion gave the 26-year-old airman a unique perspective on his own and other cultures.

I really didn't have much exposure to different cultures, because all you really know is that one group of people, Juanico explained. Most of the time you travel outside the reservation, it's to go shopping or something like that.

For him, conveniences were never something to take for granted. Trips for shopping or even fast food often involved journeys of 20 to 30 miles if you could find a ride. Even attending high school required a 15-mile commute and participating in Little League baseball and youth football required a family, sometimes a multi-family, commitment.

There weren't many people from the reservation who played football [and baseball], Juanico said. My parents and the parents of some friends teamed together to carpool us to practice after school.

With his exposure to the outside world limited, Juanico's pre-Air Force life centered around the tradition and beliefs of his people.

You're basically raised on the culture because that's all you know, he said.

Acoma, like the other 19 pueblo reservations in New Mexico still share many cultural ties to the region's Spanish settlers. Many of the mission churches they built, like Acoma's San Esteban del Rey which was completed in 1640, still stand today. Even the tradition of assigning a patron saint to each pueblo can be found in the Indian culture. To this day, every

New Mexico pueblo holds dances for its feast-day—the holiday commemorating their Catholic patron saint.

The saint day observances, along with many of the dances and the oral traditions of his people are still closely guarded against outsiders, explained Juanico.

For example, all of the dances are prayers, not performances, and all visitors to Acoma are warned about taping, photography, sketching and recording restrictions.

There are parts of our religion that are still sacred and not discussed outside the community, he said. We take those beliefs to heart.

Despite growing up in a mostly closed society, Juanico didn't hesitate to seek new experiences outside the reservation. Like a lot of American teenagers, he sought change in college but after a year he was looking for something different and turned to the Air Force.

I was just going to do my four years and then go back to college, he explained, but then, more and more, my views kept changing. Most of my friends are still living at Acoma and still living with their parents—that's just the way society is there. A lot of the people don't try to venture out [of the reservation] because it's their world.

But Juanico did leave and he has been successful, said Master Sgt. Christopher Dearman, who's supervised Juanico since he arrived here in July.

He's an excellent performer who takes pride in his work, Dearman said. He's a recent graduate of Airman Leadership School and his continued professional performance will ensure him a very successful career in the Air Force.

And when his Air Force experience is over, he plans to use what he's learned to improve the lives of the people in the community he left behind.

There are a lot of opportunities out there for them to succeed, to make something out of themselves, but they don't always take full advantage of that, he explained. My goal is to go



Senior Airman John Juanico

back there and make a difference. We still have older people back there who are afraid to leave the reservation.

When the time comes to retire from the Air Force, Juanico plans to live in Albuquerque—about 60 miles from Sky City, and wants to help future Acoma generations appreciate what a broader American culture has to offer.

Acoma will always be home and yes, our culture is there, but it will always be there, he said. I want to convince the younger kids that there's time to go out and make something of themselves, that they can have the best of both worlds. Maybe I can help them change their mindset.

Juanico believes that there's a need for the people at Acoma to understand the culture around them while staying true to who they are and what they believe. He'll get his first chance to make a difference at the pueblo when he leaves Kunsan and joins his wife and son, Terrelle and Baylor, at their next assignment at Kirtland AFB in New Mexico—and he's looking forward to being close to home.

It's hard being away from there and missing all the things that are going on—we live for our culture, he said. But right now, I just want to do the best I can. The Air Force has given me a good life compared to what I could be doing.

Squadron Jeopardy

\$300 Winners

8th Mission Support Squadron
Master Sgt. Robert Flores
Tech. Sgt. William Carson
Staff Sgt. Faith Dougherty
Airman 1st Class Tim Corona

\$200 Winners

8th Services Squadron
Lt. Col. Terrie Ford
Senior Master Sgt. Kathryn Godfrey
Staff Sgt. Dawn Erdmann
Airman 1st Class Rebecca Blanchard

\$100 Winners

8th Comptroller Flight
Master Sgt. Tim Lacey
Staff Sgt. Andy Algermissen
Senior Airman Alicia Murtha
Senior Airman Sara McDaniel

OF THE PRIDE PACK

Job: 8th Communications Squadron Meteorological and Navigation Systems Maintenance

Duties: Maintain weather data and navigation systems on the airfield

Hometown: Osceola, Ark.

Follow-on: Vandenberg AFB, Calif.

Hobbies: Spending time with my wife and kids, been playing guitar for nearly 20 years

Favorite music: Pink Floyd, but I like blues, country, jazz and rock

Last good movie you saw: The Godfather trilogy

Best thing you've done at Kunsan: Got to travel all over South Korea while working

Tech. Sgt. Allred helps ensure Kunsan's air traffic control landing systems meet or exceed safety requirements. His work center performed a complete overhaul of Kunsan's precision approach system and raised the system availability rates from 5 percent last quarter to above 99.7 percent in October.

— **Master Sgt. Stephen Vanstee**
Supervisor



Tech. Sgt. Gavin Allred

Wolf Pack control tower crews keep watch with: A close eye on the sky

By Staff Sgt. Jerome Baysmore
8th Fighter Wing Public Affairs

Hitman 31 cleared through taxiway and proceed to hold position, said Senior Airman Brian Spruill, 8th Operations Support Squadron local position air traffic controller, scanning the airfield below.

The guided two-ship F-16 formation rolls past the tower and onto the runway awaiting final takeoff clearance.

Moments later, the Greensboro, N.C., native keys the go ahead and the Wolf Pack Vipers afterburn into another sortie.

8th OSS tower personnel use teamwork and training for the surveillance of all landings, takeoffs and taxiing aircraft and ensuring they maintain separation and assigned ground tracks.

You get a controller rush from being able to control aircraft, he said. It's scary and at the same time, it's fun. If you can do this, you can do just about anything because of the confidence you get on the job.

I wouldn't do any other job in the Air Force, he added about his two-and-a-half years as a controller. A lot of controllers say, This

job is the best because we get to tell officers what to do.

On clear weather days, the Wolf Pack tower personnel operate by Visual Flight Rules controlling all aircraft from the surface to an altitude of 2,500 feet and within a six-mile radius. Ground control and flight data controllers mark down the aircraft's ID and call sign on a magnetic strip and place it on the right side of their board as a memory aid. They use this to avoid two aircraft from using the same runway at the same time and to separate landings and takeoffs.

Although the controllers admit the job may get busy at times with the amount of aircraft, personnel and vehicle movement around the airfield they, always have a backup plan during In-Flight-Emergencies or foul weather alerts.

We watch each other's back in here because we can't function unless we're a team, said Senior Airman Michael Galvan, 8th OSS air traffic controller. When things get tight you have to prioritize the list of things going on, but our saving grace is the watch super just in case things become too complicated, and you never want someone in here to crumble.

The watch super stands for the supervisor on duty and senior controller on shift who serves as the final say so to ensure things go smoothly.

I make sure things go smoothly by maintaining overall situational awareness on everyone, but my main function is to keep them all together, said Tech. Sgt. Fred Erolin, 8th OSS air traffic controller. I listen to the tower controllers and the [supervisor of flying,] and I help out if needed with suggestions from the SOF.

I could say all the things I do, but it would be a lengthy list, he added jokingly. This is a very tight job, and I enjoy it very much.

Controlling aircraft going 230-250 knots challenges your wit, ability to make decisions and determination to make things work. You see the beginning and end of your work, and it's exhilarating.

Galvan agreed with Erolin saying, It's not an average desk job. Every day is a different day, and you're never going to be faced with the same situation twice.

In short, Wolf Pack air traffic controllers use their teamwork and training to keep everything on the airfield under control.

1C1X1 Air Traffic Control

Specialty summary. Controls en route and terminal air traffic by use of visual, radar, and non-radar means. Supervises and manages air traffic control (ATC) facilities.

Duties and responsibilities. Controls and regulates en route and terminal air traffic. Initiates and issues ATC clearances, instructions, and advisories to ensure the safe, orderly, and expeditious flow of air traffic operating under instrument and visual flight rules.

Specialty Qualifications: Knowledge is mandatory of: ATC principles and procedures; flight characteristics of aircraft; International Civil Aviation Organization and United States federal and military air directives; use of aeronautical charts, maps, and publications; interpretation, use, and limitations of ATC radar; use of ATC communications systems and navigational aids; and fundamentals of meteorology.



Senior Airman Brian Spruill, 8th Operations Support Squadron air traffic controller, watches a two-ship Wolf Pack F-16 formation take-off after he cleared them. The Greensboro, N.C. native has been controlling aircraft for two-and-a-half years in the Air Force.



Senior Airman John Somerville, 8th OSS air traffic controller, coordinates ground movement around the airfield.



(Above) "Watch Super" Tech. Sgt. Fred Erolin, 8th OSS air traffic controller, keeps tabs on tower operations.



(Left) Senior Airman Brian Spruill, 8th OSS air traffic controller, marks down the aircraft's ID and call sign on a magnetic strip for the board. Controllers use these to monitor all landings, takeoffs and taxis within the tower personnel's visual flight rules.

Wolf Pack control tower crews keep watch with: A close eye on the sky

By Staff Sgt. Jerome Baysmore
8th Fighter Wing Public Affairs

Hitman 31 cleared through taxiway and proceed to hold position, said Senior Airman Brian Spruill, 8th Operations Support Squadron local position air traffic controller, scanning the airfield below.

The guided two-ship F-16 formation rolls past the tower and onto the runway awaiting final takeoff clearance.

Moments later, the Greensboro, N.C., native keys the go ahead and the Wolf Pack Vipers afterburn into another sortie.

8th OSS tower personnel use teamwork and training for the surveillance of all landings, takeoffs and taxiing aircraft and ensuring they maintain separation and assigned ground tracks.

You get a controller rush from being able to control aircraft, he said. It's scary and at the same time, it's fun. If you can do this, you can do just about anything because of the confidence you get on the job.

I wouldn't do any other job in the Air Force, he added about his two-and-a-half years as a controller. A lot of controllers say, This

job is the best because we get to tell officers what to do.

On clear weather days, the Wolf Pack tower personnel operate by Visual Flight Rules controlling all aircraft from the surface to an altitude of 2,500 feet and within a six-mile radius. Ground control and flight data controllers mark down the aircraft's ID and call sign on a magnetic strip and place it on the right side of their board as a memory aid. They use this to avoid two aircraft from using the same runway at the same time and to separate landings and takeoffs.

Although the controllers admit the job may get busy at times with the amount of aircraft, personnel and vehicle movement around the airfield they, always have a backup plan during In-Flight-Emergencies or foul weather alerts.

We watch each other's back in here because we can't function unless we're a team, said Senior Airman Michael Galvan, 8th OSS air traffic controller. When things get tight you have to prioritize the list of things going on, but our saving grace is the watch super just in case things become too complicated, and you never want someone in here to crumble.

The watch super stands for the supervisor on duty and senior controller on shift who serves as the final say so to ensure things go smoothly.

I make sure things go smoothly by maintaining overall situational awareness on everyone, but my main function is to keep them all together, said Tech. Sgt. Fred Erolin, 8th OSS air traffic controller. I listen to the tower controllers and the [supervisor of flying,] and I help out if needed with suggestions from the SOF.

I could say all the things I do, but it would be a lengthy list, he added jokingly. This is a very tight job, and I enjoy it very much.

Controlling aircraft going 230-250 knots challenges your wit, ability to make decisions and determination to make things work. You see the beginning and end of your work, and it's exhilarating.

Galvan agreed with Erolin saying, It's not an average desk job. Every day is a different day, and you're never going to be faced with the same situation twice.

In short, Wolf Pack air traffic controllers use their teamwork and training to keep everything on the airfield under control.

1C1X1 Air Traffic Control

Specialty summary. Controls en route and terminal air traffic by use of visual, radar, and non-radar means. Supervises and manages air traffic control (ATC) facilities.

Duties and responsibilities. Controls and regulates en route and terminal air traffic. Initiates and issues ATC clearances, instructions, and advisories to ensure the safe, orderly, and expeditious flow of air traffic operating under instrument and visual flight rules.

Specialty Qualifications: Knowledge is mandatory of: ATC principles and procedures; flight characteristics of aircraft; International Civil Aviation Organization and United States federal and military air directives; use of aeronautical charts, maps, and publications; interpretation, use, and limitations of ATC radar; use of ATC communications systems and navigational aids; and fundamentals of meteorology.



Senior Airman Brian Spruill, 8th Operations Support Squadron air traffic controller, watches a two-ship Wolf Pack F-16 formation take-off after he cleared them. The Greensboro, N.C. native has been controlling aircraft for two-and-a-half years in the Air Force.



Senior Airman John Somerville, 8th OSS air traffic controller, coordinates ground movement around the airfield.



(Above) "Watch Super" Tech. Sgt. Fred Erolin, 8th OSS air traffic controller, keeps tabs on tower operations.



(Left) Senior Airman Brian Spruill, 8th OSS air traffic controller, marks down the aircraft's ID and call sign on a magnetic strip for the board. Controllers use these to monitor all landings, takeoffs and taxis within the tower personnel's visual flight rules.



Today

Walking tour The Kunsan Walking Tour, sponsored by the Family Support Center, departs the main gate at noon. Tour the downtown shopping area, hike Wolmyeong Park and visit a Buddhist temple. Special emphasis on learning to use local transportation. Registration required, call 782-5644.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m. and 4:30 p.m. The bus returns to base at 5 and 10:30 p.m. Tickets are \$10/\$9* one way and \$20/\$18* round trip. For more information, call 782-5213. **Special Consideration for Airmen's Morale (S.C.A.M.) program.*

Free food The Loring Club offers free prime rib dinner from 6 to 9 p.m. in the ballroom.

Karaoke Display your talent or cheer on others from 8 p.m. to midnight at the Falcon Community Center.

Howlin' Bowl Bowling is \$8 per person or \$35 per lane 7 p.m. to 1 a.m. at the Yellow Sea Bowling Center.

Sonlight Inn meal Friday night meal and Saturday breakfast are cancelled due to construction taking place at SonLight Inn. Facility will re-open Sunday.

Saturday

Walking tour The Kunsan Walking Tour, sponsored by the Family Support Center, departs the main gate at 1 p.m. Tour the downtown shopping area, hike Wolmyeong Park and visit a Buddhist temple. Special emphasis on learning to use local transportation. Registration required, call 782-5644.

Chess Night The winner of the Falcon Community Center's chess tournament gets a free phone card. The action starts at 7 p.m.

E-Mart trip The Falcon Community Center hosts a shopping tour to the E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 p.m. and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 4 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

B-I-N-G-O The Loring Club hosts bingo at 2 p.m. The early bird bingo game begins at 1:45 p.m.

Spades competition The Falcon Community Center hosts a spades tournament at 2 p.m. Winners receive a free phone card.

Rent-a-Lane Rent a lane at the Yellow Sea Bowling Alley from 11 a.m. to 11 p.m. Cost is \$6 per hour. For more information, call 782-4608.

Free-throw contest The Falcon Community Center hosts a best-of-10 free-throw contest at 2 p.m. Winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to the E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 p.m. and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

MDG limits services Services will be limited today due to Wolf Warrior Day. Direct questions or concerns to Maj. Thomas Williams at 782-4014.

Native American cooking class The Family Support Center offers the chance to learn how to cook traditional Native American dishes 11:30 a.m. to 1 p.m. at the SonLight Inn. Registration required. For more information call 782-5644.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Movie madness The Falcon Community Center hosts double-feature movie madness at 6 p.m.

8-BALL: Army Staff Sgt. Tim Mellott, 1-43 Air Defense Artillery Echo Battery, shoots while Staff Sgt. Jason Coleman, 8th Aircraft Maintenance Squadron looks on. The Falcon Community Center holds 8-Ball tournaments every other Tuesday at 7 p.m.



Photo by Staff Sgt. Chuck Walker

Tuesday

8-ball tournament The Falcon Community Center hosts a straight pool tournament at 7 p.m. Call 782-4312 for more information.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Football Frenzy Watch football at the Loring Club and win prizes, including a trip to the Super Bowl or Pro Bowl.

Wednesday

Promotions Ceremony Airmen promoted in November and NCOs pinning-on in December are invited to the Loring Club at 9 a.m.

Dining Facility lunch hours The O Malley Dining Facility will serve lunch today from 11:45 to 2 p.m.

Free food The Loring Club offers free Red Devil chili from 6 to 9 p.m. in the ballroom.

Karaoke Display your talent or cheer on others from 8 p.m. to midnight at the Falcon Community Center.

Thursday

Credit Union closure The Credit Union is closed today and tomorrow for Thanksgiving.

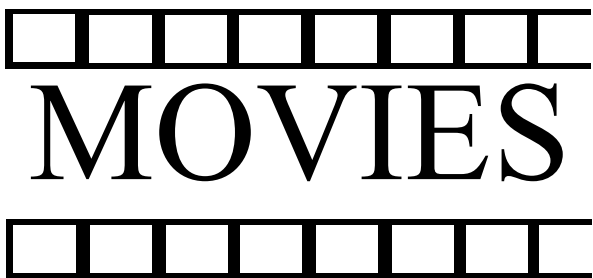
Thanksgiving buffet The Loring Club offers food and beverages from 11 a.m. to 2 p.m. \$11.95 for club members, \$13.95 for nonmembers.

O'Malley Thanksgiving hours Breakfast is served from 6 to 8 a.m. The Thanksgiving Day meal is 11 a.m. to 2 p.m. Dinner is 4 to 7:30 p.m. and there is no mid-night meal.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Ladies night Ladies bowl for free all night at the Yellow Sea Bowling Center. Call 782-4608 for more information.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil.



Saturday & Sunday Matinee

Stealing Harvard (PG-13).
Starring Tom Green and Jason Lee. 3 p.m.

Saturday

The Transporter (PG-13).
Starring Jason Statham and Shu Qi.
7 and 9:30 p.m.

Sunday

The Transporter (PG-13). 7 and 9:30 p.m.

Monday

City by the Sea (R).
Starring Robert De Niro and James Franco. 8 p.m.

Tuesday

City by the Sea (R).
8 p.m.

Wednesday

Road to Perdition (R).
Starring Tom Hanks and Paul Newman. 8 p.m.

Thursday

Abandon (PG-13).
Starring Katie Holmes and Charlie Hunnam. 8 p.m.



Tonight

White Oleander (PG-13)
Starring Michelle Pfeiffer and Alison Lohman. 7 and 9:30 p.m.



Harlem Ambassadors vs. Kunsan Varsity

7 p.m. Dec. 17 @ the Fitness Center

Free Admission



*Integrity First
Service Before Self
Excellence In All We Do*

Education

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troops-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is www.jobs2teach.doded.mil.

Commissioning counseling The education office offers commissioning counseling for airmen considering pursuing a commission. For an appointment, call 782-5148.

CDC testing CDC testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

‘Course 5’ change The Senior NCO Academy Correspondence Course is on administrative hold due to lack of shelf stock. Students who enroll and receive a card stating the course is on hold will receive course materials once the stock is replenished. The Web site is www.maxwell.af.mil/au/cepme/course5/home_5.htm.

Meetings & Briefings

AFSA The Air Force Sergeants Association Chapter 1554 meets 4 p.m. Dec. 10 at the Loring Club. Membership is open to all enlisted personnel, airman basic through chief master sergeant.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s, and people selected for promotion to those grades, to attend its next meeting, 3 p.m. Dec. 11 at the Loring Club.

AAC The Airman Advisory Council meets 3 p.m. Tuesday at the Loring Club. For more information, call Senior Airman Thanh Le at 782-5604.

Top 3 The membership of the Top Three Association is open to all active duty and retired military personnel serving in, selected for, or retired from the top three senior enlisted pay grades regardless of branch of service. The next meeting of the Kunsan Top 3 is 4 p.m. Dec. 11 in the Loring Club ballroom.

Volunteer Opportunities

Korean orphanage The military equal opportunity office seeks volunteers to help at the local Kae Chong Orphanage on a weekly basis. On Thursdays, Wolf Pack personnel spend some time with about 40 children. There is an English session and snack time.

If interested in volunteering about two hours, contact Staff Sgt. Lynetta Williams or Staff Sgt. Jesse Hernandez at 782-4053.

Mail call The base post office seeks volunteers to help pitch mail each morning during the holiday season. If interested, call 782-4662.

Commissary bagging Base members can volunteer to sack groceries from 11:30 a.m. to 6:30 p.m. on weekends. Interested parties can sign-up at the commissary.

Chapel

Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service/bible study is 7 p.m. Wednesdays. Both services are conducted in the base chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the base chapel.

LDS Services are 3 p.m. Sundays at the base chapel.

Church of Christ Services are 9:30 a.m. Sundays and Bible study is 7 p.m. Wednesdays at the Sonlight Inn, room 1.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the base chapel. Catholic Reconciliation is by appointment Monday thru Thursday and 4:30 to 5 p.m. Saturdays. R.C.A.I is 7 p.m. Wednesdays in the chapel conference room. An Overview of the Scriptures is 7 p.m. Thursdays in the chapel conference room.

Sonlight Inn hours The Sonlight Inn is open 6 p.m. to 10 p.m. Mondays thru Thursdays, 6 p.m. to midnight Fridays, 8 a.m. to midnight Saturdays and 8 a.m. to 10 p.m. Sundays. For more information, call 782-5466.

Prayer & Bible studies The base chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

- Major Dividends for the Minor Prophets, 9:30 p.m. Sundays at the SLI, room 2.
- Basic Christian Training, 9:30 a.m. Sundays at the SLI, room 3.
- Korean-American Bible Study, 7:30 p.m. Mondays at the SLI, room 1.
- Women's Christian Bible Study and Fellowship, 7 p.m. Tuesdays at the SLI, room 2.
- Mid-Week Spiritual Boost, noon Wednesdays at the chapel.
- Intercessory Prayer, 8 a.m. Saturdays and 8:30 p.m. Sundays at the SLI, room 2.



Troop Call!
with
Dr. James G. Roche
Secretary of the Air Force

10:45 a.m.
Wednesday
at Hangar 3

FSC

Sponsorship Training The Family Support Center gives sponsors the tools they need to help the transition to Kunsan easy. The program takes place at 10 a.m. every third Wednesday of the month at the SonLight Inn.

Family reunion The Family Support Center hosts a family reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-station moves is 1 to 2:30 p.m. Wednesdays at Sonlight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Miscellaneous

Chili cook-off The Civil Engineer and Services squadron will hold a chili cook-off at 5 p.m. at the CES hooch. Costs are \$5 to enter chili and \$1 per tasting bowl. For more information, call Airman 1st Class Audra Brookover at 782-5538.

Mt. Chiri hiking tour Hike the second highest mountain in Korea 8 a.m. Nov. 30. Tickets are \$20, \$16 SCAM through the Falcon Community Center. Deadline to register is Nov. 28.

Poetry/art contest The Kunsan Health and Wellness Center and the Base Exchange, are sponsoring a contest to encourage people to quit smoking. Dependent children, up to and including 16 years old, of active duty members stationed at Kunsan are eligible to submit art and poetry in two categories; ages 12 and under, and ages 13 to 16. The submission must contain a Don't Smoke

theme. Winners receive a \$50 AAFES gift certificate. Entries must be received by Thursday. Mail entries to: Health and Wellness Center, Don't Smoke Art and Poetry Contest, 8MDG/SGOAZ, APO AP 96264-2022

Artist-Craftsman contest The Skills and Development Center is looking for people with arts and crafts skills such as painting, industrial art, or textile art to enter their work in the PACAF contest. Deadline is Dec. 6. For more information, call 782-5806.

Holiday donations The Kunsan Airman Action Council is collecting goods for care packages to send to deployed airmen during the holidays. Donations will be collected now thru Dec. 4 at the O'Malley Inn Dining Facility, the base library, commissary and base exchange. Items should be appropriate and must meet postal standards. For more information, call Airman 1st Class Tiffany Jones at 782-4943.

Holiday mail deadline The post office recommends Wolf Pack members send first class letters and priority packages to the United States no later than Dec. 11 to make sure the items arrive for the holidays.

Fralick retirement A ceremony honoring the retirement of Master Sgt. Bob Fralick, 8th Security Forces Squadron, is 3 p.m. Dec. 12 at the Loring Club. A reception is scheduled for 5 p.m. Dec. 13 at the Defender's Den. For more information, call Senior Master Sgt. Kevin Peters at 782-5916

New gas station hours Diesel fuel is available at the service station weekdays from 9 to 11 a.m., 2 to 4 p.m. and 9 to 10 p.m. On weekends, diesel is available at building 2602 from 9 to 11 a.m. and 2 to 4 p.m.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with classifieds and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No personal ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

For Sale

TV/VCR 19" samsungTV-VCR combo. It's 4 months old. \$185.00 o.b.o. Call John S. Juanico at 782-8849 (home).

Guitar Equipment Peavey Transtube 112 EFX Amp, 65 watts, one 12" speaker, digital effects, \$350 or best offer. Marshall Jackhammer distortion pedal, \$60 or will trade for a chorus pedal. Zoom GM-200 guitar amp simulator, simulates 11 different amps, effects

included, \$80 or will trade for a delay pedal. Electric Guitar, Club Juno Les Paul Copy, transparent purple, Dimarzio PAF Classic Pickups, hard-shell case included, \$250. Call Scott Estes at 782-6480 or 011-676-6480 (Home).

Computer Computer with keyboard, mouse, and software for sale. AMD Processor, 127MB RAM, 56X disc drive, Windows ME. Fully upgradeable. \$600 Call Tech. Sgt. Jenny Nicholson at 782-8438 (Home).

Guitar Gianini classical guitar w/case. \$85. Call Larry Kurzer, 782-5644.

Computer Emachine Desktop PC T1120, (like new w/2 yr. warranty) 1.2 GHZ, 256 MB RAM, 40 GB HD, CD-RW, modem, Microsoft Works 17" color monitor, Lexmark 223 color ink jet printer, 1200 x 1200 dpi, 8 ppm, HP Scanjet 4300C, OCR, Corel Paint House 2000, 9600 dpi enhanced resolution, plus desk. \$850. Call Larry Kurzer, 782-5644.

Computer Gateway Computer 156K Connection, 12MB Hard-drive space, plenty of memory and fully upgradable asking price \$650 OBO Willing to negotiate. David J. Hartmayer 782-7616 (work) or 782-6275 (home).

Wanted

Instructor The Falcon Community Center seeks a qualified instructor to teach keyboard. Contact Mr. Yi at 782-4619.

Moped Looking for one 50cc moped, preferably in good condi-

tion. Contact Airman 1st Class Geoffrey Latner at x-9763.

Warhammer 40K Seeking people interested in playing Warhammer 40K. Contact Tech. Sgt. Patrick Longe, 782-5132.

Moped Looking for a 50cc moped in good condition. Call Tech Sgt. Raymond J. Agosto 782-1999 (work) or 782-8896 (home).

Promotion?
Assignment?
Decoration?
Award?

Army & Air Force
Hometown News
Service

Keeps your family and friends
back home informed

For more information, stop by
the 8th Fighter Wing Public
Affairs office or call
782-4705

**Wolf Pack
Radio
88.5**

**5 to 10 a.m.
Weekdays**

**Request
Line**

782-4373

'Bad Boys' clinch championship

Underdog Security Forces B-Team upsets OSS/SUPS' perfect season

By Staff Sgt. Chuck Walker
8th Communications Squadron

The Security Forces B-Team, the Bad Boys, shocked the base winning three consecutive games to take the base championship Nov. 15.

They defeated the Army 14-0 in the semifinals and twice conquered Operations Support Squadron/Supply 20-6 and 6-0.

Frank Dent did it all for the Bad Boys. He had three touchdowns in game one and the lone touchdown in game two to lead the way for the B squad.

Yes sir, we caught everyone off guard, Dent said when asked if he felt the other teams overlooked their squad. We shocked the world. We all came out and played with heart and determination, and we got the job done.

The Bad Boys set the tone for the championship by completely dominating OSS/Supply in game one.

On the opening drive, quarterback Chad Reavis hit Dent with a eight-yard strike to give the Bad Boys a 7-0 lead right out of the gate.

Later in the first half, Dent scored on a 42-yard interception return to give the Bad Boys a 14-0 halftime lead. Dent later scored on a 56-yard interception return, completing the blowout.

In game two, Dent scored on a 32-yard pass from

Reavis and that's all the Bad Boys needed to clinch the championship.

Bad Boys coach Arthur Bloomingdale said Dent's play was invaluable to his team.

Dent came out and played an awesome game, Bloomingdale said. He came out and really took it to them. He was the MVP of the game and the MVP of the championship.

Bloomingdale said he was impressed with his team, especially being able to win three games in one night.

We talked before the night began about what we needed to do, Bloomingdale said. We brought our heart and we played our hearts out. We knew what we needed to do and we played as a team all the way through.

For OSS/Supply it was a disappointing way to end an almost perfect season. OSS/Supply finished the regular season 14-0 and went 3-0 in the playoffs before meeting the Bad Boys in the championship round.

They did this despite the fact that OSS/Supply lost two of its star players to PCS just before the playoffs began.

New OSS/Supply coach Karleb Sainte offered no excuses when explaining his team's losses.

[Security Forces B] played two great games in the championship and they came ready to play, Sainte



Photos by Staff Sgt. Chuck Walker

GOIN' LONG: Chad Reavis, Security Forces B-Team quarterback, throws a pass during the championship game against the Operations Support Squadron/ Supply team Nov. 15. Reavis threw two touchdown passes and led his team as they won three consecutive games to win the base championship.

said of the Bad Boys. This wasn't really our night. You go 21 games without a loss, sometimes your luck just runs out. My hat goes off to the Bad Boys though, they played great.

Of course we're disappointed to lose. But we had a great season, and no one can take that away from us.

Bloomingdale said the championship would not only be special to him but to

his team.

This is the greatest feeling in the world, Bloomingdale said. We came out here as a team and we accomplished something together. No one gave us a chance before the season began. No one gave us a chance before the playoffs began. But we shocked the world. We are the champions of the base and it feels great.

SPORTS SHORTS

5K Turkey Trot Fun Run/Walk
The run begins 9 a.m. Saturday at the fitness center. Sign up at the fitness center. For more information, call Staff Sgt. Angela Crawford at 782-4026/4039.

Air Force boxing team
Deadline for boxers to turn in Air Force Form 303 to try out for the Air Force boxing team is Saturday. For more information, call the fitness center at 782-4026.



Air Force photo

Falcons' winning ways are back
After losing three straight games following a 6-0 start to the season, the Air Force Academy Falcons convincingly pushed their current win streak to two games with a 49-32 win over the Rebels of the University of Nevada-Las Vegas on Nov. 16. I'm proud of our football team, coming in on the road and decisively beating a team that is still kicking and alive and had their backs against the wall, said Fisher DeBerry, Air Force Academy head coach.

Army takes gold in Armed Forces Basketball
When it was all over, only points separated the All-Army basketball team from the Air Force squad, tied with four wins each. The soldiers though, averaging 82.3 points per game, took home the gold medals and the 2002 Armed Forces Basketball Tournament title last week at Fort Hood. The All-Army basketball team clinched its second championship in two years Nov. 16 with a 4-2 record and 494 total points, despite losing its final game to the All-Navy team 83-87.

Great American Smokeout
The American Cancer Society sponsors The Great American Smoke Out every year to encourage all smokers to stop smoking on Nov. 21, for at least one day, and hopefully for life. Wednesday and Thursday the Health and Wellness Center staff will be at the Base Exchange to provide information about tobacco use and register people for the smoking cessation class. For more information, call the HAWC at 782-4305.

Three-man b-ball tournament
A basketball tournament is scheduled for Dec. 7 and 8 at the fitness center. Entry fee is \$30 and deadline to register is Nov. 23. For more information, call Senior Airman Kyle Pourciau at 782-8355.

Women's varsity volleyball
Women, Air Force or Army, interested in competitive play for the base team, should contact Staff Sgt. Elaine Brinkman via email.

Kunsan marathon training
Members of the Wolf Pack training for a marathon or trying to improve their marathon time should contact Steve Vreeke at 782-8394. Vreeke is forming a training group at Kunsan for marathon runners from novice to road-seasoned veterans.

Security Forces B-Team 'Bad Boys':



Clay Nichols



Donnie McKenzie



Frank Dent



Jamie Barrientos



Jun Cho



Lucas Shaffer



Mitchell McNair



Scott Jacobson



Stafford Boatman



Tim Cook



Arthur Bloomingdale



Brian Helems



Chad Reavis

Health and Nutrition

Holiday weight gain can last a lifetime

The average American will gain about a pound on holiday goodies this year.

That's not much, but medical studies unfortunately show the years disappear, but the pounds do not.

Defense Department officials want servicemembers and their families -- especially children -- retirees and civilian employees to enjoy lifelong health and fitness, said Air Force Col. (Dr.) Daniel L. Cohen, chief medical officer and deputy operations director for the office of the assistant secretary of defense for health affairs.

The military medical system today stresses a condition management approach to obesity, which means working with beneficiaries to prevent the problem rather than have to treat it, Cohen said. The approach marks a change in traditional thinking, one that requires a close partnership with beneficiaries.

It is good for beneficiaries as well as the military medical system since there is a healthier population of beneficiaries, and lower health-care costs, he said.

All military branches have body weight and conditioning standards, such as the body mass index ratio developed by the National Institutes of Health in 1998. BMI is the ratio of weight in kilograms to height in meters squared. A BMI of less than 25 is considered normal, 25 to 29.9 is overweight, and more than 30 is obese.

About a thousand servicemembers are discharged each year because of their weight, but the active force's problem is minor compared to family members, who mirror the general public, Cohen said. Using the BMI, studies suggest 60 percent of Americans are overweight or obese.

About 15- to 20-percent of children are overweight or obese, and about 40 percent weigh more than 80 percent of their ideal body weight, he said.

The services elite forces are most effective at weight control. This is probably because of their culture, which stresses physical prowess, agility and team coordination, Cohen said.

My anecdotal experience is that you do not

commonly see overweight and obesity in our elite forces, though I haven't really studied that scientifically, he said.

Whether or not his hunch is correct, one thing Cohen said is certain for everyone: Prevention of weight problems and obesity is easier than treating them.

They are illnesses, he said, but many overweight individuals do not see themselves as sick or needing treatment.

They do not recognize the steep and very slippery slope on which they sit, Cohen said.

Obesity is linked to higher rates of chronic illness and poorer physical quality of life than lifelong smoking, problem drinking and poverty combined, in the United States, he said. Weight problems and obesity are clearly associated with type-2 diabetes, gall bladder disease, hypertension, coronary artery disease, depression and elevated cholesterol and triglyceride levels in the blood.

Considering that an overweight 25 year old might gain 10 to 20 pounds per decade, it is not surprising nearly 30 percent of Americans at any given time are trying to lose weight, Cohen said. The cost is up to \$50 billion per year, and most of it is wasted because it is spent on foods, nutritional programs, supplements and remedies of dubious value, he said.

Losing weight and keeping it off is not easy, ever, Cohen said. Weight control means adopting a lifestyle that combines prudent dieting and a sustained exercise program. It is the only way to prevent and effectively treat weight problems or obesity without resorting to medications, he said.

Sustained exercise means 30 minutes of exercise, preferably vigorous, three or four times per week, and more often if one is inclined, Cohen said. The benefits of frequent exercise are well documented. Even walking is helpful as long as it is sustained. One should feel at least a little tired at the end of it, in my opinion.

Cohen cautioned people about weight control and children. Severely limiting children's caloric intake can adversely affect growth and development, espe-



Courtesy Photo

cially during adolescence, when their needs increase, he said. The best ticket is a balanced diet that is neither excessive in calories nor excessively restrictive, coupled with age-appropriate exercise. Children attempting to lose weight should do so only under the care of physicians or nurse health managers.

With a life change, people can lose one or two pounds per month, and losing 12 to 20 pounds in a year is a real success story, he said.

A pound of fat contains about 3,500 calories. Vigorous exercise for 30 minutes may burn up to 350 calories. So even with daily exercise it would take 10 to 12 days to burn a pound of fat, if people are eating only a normal amount of calories, he said.

An average adult requires 2,000 to 2,500 calories daily, so the goal should be to not exceed about 2,000 calories, ever, he said.

Courtesy of American Forces Press Service

Pigskin Picks



Name: Gary Osbourne
Team: 8th Supply Squadron
Record: 12-3

Pigskin Picks MVP Week 11

Major upsets in Minnesota and Tennessee this week caused a four-way tie between **Gary Osbourne**, **Chuck Walker**, **Rick Nelson** and **Joe Gallegos**. The Monday night game generated another tie, with Osbourne and Walker both within three points.

-The Rules-

Pick who you think will win each game and provide your guess for the total points scored during the Monday night game. The person with the best win-loss record each week gets their picture in this column

and a coupon book from the 8th Services Squadron.

Send your picks by e-mail to wolfpackwarrior@kunsan.af.mil or drop them off at the public affairs office, building 1305, room 235, by **noon Sunday**. Only one entry per person, per week.

Name: _____

— Atlanta at Carolina —
— Cincinnati at Pittsburgh —
— Detroit at Chicago —
— Minnesota at New England —
— St. Louis at Washington —

— Kansas City at Seattle —
— Green Bay at Tampa Bay —
— Indianapolis at Denver —
— Buffalo at N.Y. Jets —
— Cleveland at New Orleans —
— Jacksonville at Dallas —
— San Diego at Miami —
— Tennessee at Baltimore —
— Oakland at Arizona —
— N.Y. Giants at Arizona —

Monday Night Football

Philadelphia at San Francisco

Total Points _____



Name: Chuck Walker
Team: 8th Communications Squadron
Record: 12-3

Pigskin Picks MVP Week 11

Fit to Fight: Nearly one in three Americans

admit they don't exercise regularly. As a minimum, 30 minutes of continuous physical activity on most days of the week is adequate for general fitness. For more information on exercise and other health-related topics, call the Health and Wellness Center at 782-4305.



Tobacco Fact

The early morning smoker's cough occurs because cilia in the lungs normally beat outward and sweep harmful material out of the lungs. Cigarette smoke decreases the sweeping action, so some of the poisons in the smoke remain in the lungs. When a smoker sleeps, cilia recover and begin working again. After waking up, the smoker coughs because the lungs are trying to clear poisons that built up the previous day.

Vehicle Maintenance

Maintaining the Wolf Pack's wheels



Photos by Staff Sgt. Chuck Walker

Cho, Yong Ki, 8th Transportation Squadron vehicle maintenance flight, performs transmission work on a Galloper truck. The vehicle is suspended with an in-floor hydraulic lift, which is able to hold up to 14,000 pounds. For larger vehicles, such as snow removal vehicles, mechanics use an underground pit.



Senior Airman William Hawk lubricates a tire rim with soap. The Coats Tire Machine (pictured) is used to hold the rim in place as the tire is installed.



Staff Sgt. Matthew Mancill performs scheduled maintenance on a vehicle. Scheduled maintenance takes place on all vehicles every six months or 12,000 miles.



Senior Airman Shawn Bentoski checks a muffler on a dump truck as part of an emissions test. Tests are performed annually.

